


Lexington Senior Center Menu APRIL 2017

RESERVATION SYSTEM: Please call 781-698-4850 to make your reservation. Seating is limited.

LEXINGTON RESIDENTS can reserve 2 days in advance. **NON-LEXINGTON RESIDENTS** can reserve the day before.

1. Call on Thursday (anytime) and/or Friday (by 10:00a.m.) to reserve for Monday
2. Call on Monday (anytime) and/or Tuesday (by 10:00a.m.) to reserve for Wednesday
3. Call on Wednesday (anytime) and/or Thursday (by 10:00a.m.) to reserve for Friday
4. If you are attending a meal and are a Lexington resident you may sign up for the following meal in person.
(e.g. If you attend lunch on Monday, you can sign up for the Wed. lunch and won't have to call in.)

MONDAY		WEDNESDAY		FRIDAY	
3.	Sodium	5.	Sodium	7.	Sodium
BBQ Roast Pork	280	Pot Roast with Gravy	230	Baked Sole with	
Rice Pilaf	105	Oven Roasted Potatoes	135	Peppers and Onions	210
Roasted Summer Squash	75	Swiss Chard	290	Broccoli	30
Canned Fruit	5	Cookies		Wild Rice	140
				Fresh Fruit	0
10.	Sodium	12.	Sodium	14.	Sodium
Braised Chicken with		Meatloaf with		Baked Lemon Scrod	160
Lemon and Olives	400	Mushroom Port Demi-Glace	510	Baked Tomato	95
Cauliflower au Gratin	320	Green Beans	5	Basmati Rice	90
Baked Potato	10	Mashed Potatoes'	100	Fresh Fruit	0
Cookies		Canned Fruit	5		
17.		19.	Sodium	21.	Sodium
Holiday - No Meals Served 		Chicken Saltimbocca	760	Marinated Swordfish	100
		Peas and Onions	45	Steamed Spinach	55
		Sweet Potato Hash	260	Brown Rice	95
		Canned Fruit	5	Fresh Fruit	0
24.	Sodium	26.	Sodium	28.	Sodium
Haddock with Peppers	190	Lemon Herb Chicken	340	Pork Adovado with	
Steamed Broccoli	30	Garlic Spinach	280	Pico De Gallo	200
Golden Rice	55	Roasted Potato with		Mexican Rice	120
Brownie		Caramelized Onions	105	Grilled Mexican Corn	310
		Canned Fruit	5	Cookies	

Funded by Minuteman Senior Services and prepared in the kitchen of Brookhaven at Lexington.

All meals are served with milk, rolls & butter, and desserts unless specified

The nutrition information is meant to guide you with your daily choices. It is by no means exact and recipes are continually being reviewed.

Sodium values are listed beside each menu item. Breads and desserts vary so values are not listed.

Meals subject to change without notice - \$3 donation requested.

We look forward to having you join us!